

Promoting, Supporting and
Protecting Breastfeeding



Utah Breastfeeding Resource Guide

Utah Coalition to Promote Breastfeeding
P. O. Box 16599
Salt Lake City, Utah 84116-0599
Volume 3, 2005

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Utah Coalition to Promote Breastfeeding (UCPB)

This organization is a group of health professionals, public health organizations, educators, policy makers, employers and other community individuals and groups whose purpose is to collaboratively promote, protect and support breastfeeding in the state of Utah. It is composed of three working groups: Promotion and Marketing Committee, Education Committee and Policy Development Committee.

BREASTFEEDING STATEMENT

Breastfeeding is one of the most important contributors to infant health. Breastfeeding provides a range of benefits for the infant's growth, immunity, and development. Breastfeeding improves maternal health and contributes economic benefits to the family, health care system, and workplace.

The health of our nation is one of our most important resources. Breastfeeding, a relatively basic, simple, and cost-effective measure, can have a significant impact on establishing the foundation for a lifetime of optimal health and can result in reduced health care spending. In order to optimize the health and well being of Utah's infants, the members of the UCPB are committed to supporting policies, which will promote and support breastfeeding.

Many international and national organizations have published policy statements that support and encourage breastfeeding. The Utah Coalition to Promote Breastfeeding will be using these publications as well as other evidence based practices to collaboratively work within the community in Utah.

GOALS

- Empower women to breastfeed
- Increase the public awareness of and knowledge about breastfeeding through various promotional efforts
- Create a breastfeeding-friendly social environment
- Promote model policies and practices in hospitals and the health care system that are breastfeeding-friendly
- Promote model policies in worksites and child-care facilities that foster a positive breastfeeding environment
- Increase the knowledge of breastfeeding of those who influence the infant feeding decision; encourage these individuals or groups to take concrete action
- Support international and national breastfeeding promotion consortiums and campaigns

Preface

The Utah Coalition to Promote Breastfeeding (UCPB) produces the Utah Breastfeeding Resource Guide. This resource guide may be used as a tool for anyone working with woman and families that wish to assist in improving health outcomes by supporting families in breastfeeding. Evidence-based research has shown that by not breastfeeding, there are many increased health risks (i.e. increased risk of respiratory infections, ear infections and obesity later in life.)

This Resource Guide can be a tool used by:

Health-Related Professionals and Organizations

Hospital personnel
Dietitians, Nurses
Pediatric practices
OB/GYN offices
WIC Clinic, Local Health Departments
Lactation consultants, nurse managers and administrators
HMOs or major health insurance companies
Utah Dietetic Association, Utah Nurses Association
Local chapters of AAFP, ACOG, AAP

Community Organizations

Community support groups
Faith-based groups
Extension programs
Early Head Start Programs
Child care programs
Women's service groups
Colleges and Universities
Representatives from health initiative/task force

Business

Child care centers
Breast pump vendors
Retail stores
Workplaces that employ women
Local media groups

Make this resource guide available not only to others you work with but also to women and families whom deserve to make an informed choice. Partner in your community and help support our Utah families.

Editing for 2005 Resource Guide has been by Judy Harris. UCPB 2005 President.

Thanks to the people that have contributed to the previous 1993 and 1995 Resource Guides. This guide is meant to be a resource and does not endorse or promote specific products or organizations. It is not all inclusive. Comments are welcomed and can be sent to UCPB.

If you would like more information about this guide, about the Utah Coalition to Promote Breastfeeding, or would like to obtain an organizational or individual UCPB membership, please contact:

Utah Coalition to Promote Breastfeeding
P.O. Box 16599
Salt Lake City, Utah 84116-0599

Hospitals/WIC Clinics

AMERICAN FORK

American Fork Hospital IHC

170 N. 1100 E.
American Fork, UT 84003
801-855-3638 Mother-Baby Lactation
801-714-3349 Warmline
M-F 8:30-3:00 p.m., Sat 8:30-12:00 p.m.
801-855-3604 Labor & Delivery
801-351-1358 Lactation department pager

- Pump rentals & supplies
- Prenatal, postnatal, & breastfeeding classes
- Lactation Educator provides pager # for patients
- Referrals to on-call IBCLC on weekends
- RN's initial assessment with "latch tool" for all BF patients
- 2nd assessment by CLE for all BF in-patients M-F
- Follow-up calls to d/c out-patients that require assistance
- Out-patient lactation consults by appt. (call for service fee)
- Referral list of local area services provided
- Educational materials provided
- Staff education: attend BF classes, yearly BF in-service, etc.

WIC

321 E. 300 N., Ste. 1
American Fork, UT 84003
801-763-1994

BEAVER

Beaver Valley Hospital
85 N. 400 E. (PO Box 1670)
Beaver, UT 84713
435-438-7100 Lactation Services

- RN in-patient BF assistance, call-in Qs
- Patient referrals made to more experienced staff
- Prenatal classes with BF component
- Educational materials provided
- Nurses

WIC

385 E. Center St.
Beaver, UT 84713
435-438-2482

BLANDING

Blanding Medical Center
930 N. 400 W.
Blanding, UT 84511
435-678-3434 ask for Birthing Center

- RN in-patient BF assistance, counseling, call-in Qs

Blanding Family Practice

799 S. 200 W.
Blanding, UT 84511
435-678-3601

WIC

196 E. Center St.
Blanding, UT 84511
435-678-2723

BOUNTIFUL

Lakeview Hospital MSH

630 E. Medical Dr.
Bountiful, UT 84010
801-299-2172 Lactation Services Warmline

- Out-patient prenatal and post partum telephone counseling
- LEs on staff
- BF supplies available in Gift Shop retail store

BRIGHAM CITY

Brigham City Community Hospital MSH

950 S. Medical Dr.
Brigham, UT 84302
435-734-4136 Labor & Delivery

- CLEs on staff

WIC

817 W. 950 S.
Brigham, UT 84302
435-734-0845

CASTLE DALE

WIC

25 W. Main St.
Castle Dale, UT 84513
435-381-2252

CEDAR

Valley View Medical Center IHC

1303 N. Main St.
Cedar, UT 84720
435-868-5150

- Prenatal Breastfeeding Classes
- Post partum breastfeeding counseling assistance
- Lactation Educator (IBCLC) on staff

WIC

260 DL Sargent Dr.
Cedar, UT 84720
435-586-5451

Hospitals/WIC Clinics (continued)

DELTA

Delta Community Medical Center IHC

126 South White Sage Ave.

Delta, UT 84624

435-864-5591 ask for Lactation Assistance

- RN, LE in-patient BF assistance, consults, call-in Qs
- Prenatal classes with BF component
- Routine calls for all d/c patients needing assistance
- Electric pump kits and educational material provided

WIC

428 E. Topaz Blvd., Ste. D

Delta, UT 84624

435-864-4124

EAST CARBON

WIC

305 Center St.

East Carbon, UT 84520

435-888-0814

ESCALANTE

WIC

100 N. 155 W.

Escalante, UT 84726

435-826-4397

FILLMORE

Fillmore Community Medical Center IHC

674 S. Hwy. 99

Fillmore, UT 84631

435-743-5591 ask for Lactation Services

- RN, LE in-patient BF assistance, counseling, call-in Qs, follow-up calls
- Prenatal classes with BF component
- Educational materials provided

WIC

55 S. 400 W.

Fillmore, UT 84631

435-743-5723

GREEN RIVER

WIC

305 W. Main St.

Green River, UT 84525

435-564-8236

GUNNISON

Gunnison Valley Hospital RHMC

64 E. 100 N. (PO Box 759)

Gunnison, UT 84634

435-528-7246 ask for Nurse's Station

- RN in-patient BF assistance
- Prenatal classes with BF component
- In-hospital electric pump use, pump referrals provided
- Educational handbook provided

HEBER

Heber Valley Medical Center IHC

1485 S. Hwy. 40

Heber, UT 84032

435-654-2500 Warmline 8:00-9:00 p.m. (ask for Lactation Services)

- RN, CLC in/out-patient BF assistance, consults, call-in Qs
- Prenatal classes with BF component
- Follow-up calls to d/c patients that need assistance
- In-hospital electric pump use, pump referrals provided
- Educational materials provided

WIC

55 S. 500 E.

Heber, UT 84032

435-657-3266

HILDALE

Hildale Maternity Home

1065 N. Hildale St. (Box 459)

Hildale, UT 84784

435-874-2217 Maternal Newborn Unit

JUNCTION

WIC

555 N. Main St.

Junction, UT 84740

435-577-2521

KANAB

Kane County Hospital

355 N. Main St.

Kanab, UT 84741

435-644-5811 ask for Nurse's Station

- RN in-patient BF assistance, consults, call-in Qs
- Prenatal classes with BF component
- Referrals given for assistance
- Educational materials provided

Hospitals/WIC Clinics (continued)

WIC

245 S. 200 E.
Kanab, UT 84741
435-644-2537

LA VERKIN

WIC

708 N. 195 W.
La Verkin, UT 84745
435-635-4458

LAYTON

Hill Air Force Base
75th Medical Group/SGA
7321 11th St. Bldg. 570
Hill AFB, UT 84056
801-728-2600
801-777-6804 ask for Lactation Assistance

- No deliveries on base
- Prenatal classes with BF component
- Military (active duty and dependants) receive telephone contact within 2 weeks of delivery
- LE available for telephone counseling (call-in Qs)
- Home visit to military that need or want assistance, BF questionnaire tool used, educational materials provided
- Pediatricians (at post partum contact) provide referrals to LE
- Referrals made to Davis and McKay Dee Hospital, and Davis WIC
- Air Force Active Duty & Dependant Military receive electric pump kits and pump loan
- Army, Navy, Marine, Guard Active & Dependant receive referrals for pump assistance

Davis Hospital & Medical Center IASIS

1600 W. Antelope Dr.
Layton, UT 84041
801-774-7021 Nursery

- LE/IBCLC, RN in-patient BF assistance, consults, call-in Qs, referrals
- CLC home telephone # provided for weekend assistance
- Out-patient follow-up available by appt.
- Prenatal classes with BF component
- Electric pump use (in-patient), supplies, educational materials

WIC

360 S. Fort Ln., Ste. 110
Layton, UT 84041
801-546-6924

LOA

WIC

18 S. Main St.
Loa, UT 84747
435-836-2671

LOGAN

Budge Clinic IHC

1350 N. 500 E.
Logan, UT 84341
435-792-1585

- Outpatient clinic-fee for service
- Full-service Lactation Consultations
- Appointments M-F 9:00-1:00 pm
To schedule, call 435-792-3605
- Rent breast pumps

Logan Regional Hospital IHC

500 E. 1400 N.
Logan, UT 84341
435-716-5888 Lactation Services

- IBCLCs on staff, prenatal & postpartum breastfeeding classes
- Medela/Ameda pump rental: \$4/day \$18/wk \$40/mo
- rental station/lactation secretary: 435-716-2560
- Warmline: 435-713-7558 pager
8:00-8:00 pm 7 days/wk
- Prenatal breastfeeding class: \$5, 3rd Fri
- Prenatal breastfeeding consult: \$15/30 min., M-W-F
- Post partum breastfeeding consult: \$25/hr, M-W-F
- Retail store: Medela, Ameda, Avent pumps, bras, Bobby pillows, many supplies, 8:30-5:00 pm
- Speakers available- breastfeeding issues and concerns, immunology, nutrition and bonding
- Workplace in-service for employees and managers
- Utah's Fundamental of Lactation Education Training Program - 435-752-0330

WIC

655 E. 1300 N.
Logan, UT 84341
435-792-6451

MANTI

WIC

40 W. 200 N.
Manti, UT 84642
435-835-2231

Hospitals/WIC Clinics (continued)

MOAB

Allen Memorial Hospital RHMC

719 W. 400 N. (PO Box 998)

Moab, UT 84532

435-259-7191

- RN in-patient BF assistance, counseling, call-in Qs
- Referrals to more trained staff
- Prenatal classes with BF component
- Postpartum home visits provided
- Follow-up calls provided
- Educational materials provided

WIC

471 S. Main St., Ste. 4

Moab, UT 84532

435-259-5602

MONTICELLO

Private Practice

Nataniel Penn

264 S. 100 E.

Monticello, UT 84535

435-587-2282

- Breast pump rental, and support

San Juan County Hospital SWHC

364 W. 100 N. (Box 308)

Monticello, UT 84535

435-587-2116 ask for Nursing Staff or Labor & Delivery

- Prenatal classes with BF component
- Referrals to Monticello Health Dept.
- Advertisement of prenatal classes in local newspaper and flyers for local merchants

WIC

117 S. Main St.

Monticello, UT 84535

435-587-2021

MONUMENT VALLEY

Monument Valley Health Center

4 Rock Door Cyn. Dr.

Monument Valley, UT 84536

435-727-3241

MOUNT PLEASANT

Sanpete Valley Hospital IHC

1100 S. Medical Dr.

Mount Pleasant, UT 84647

435-462-2441 ask for Nurses Station

- RN in-patient BF assistance, counseling, call-in Qs
- Referrals to WIC
- Prenatal classes with BF component

- Post partum follow-up calls include BF assistance
- Educational materials provided

WIC

20 S. 100 W., Ste. 30

Mount Pleasant, UT 84647

435-462-2449

MURRAY

Cottonwood Hospital IHC

5770 S. 300 E.

Murray, UT 84107

801-408-3493 Women's Center Warmline

(ask for Lactation Specialist)

- RN in-patient BF assistance
- LE available for in-hospital referral, counseling, call-in Qs
- Referral list provided of local lactation services
- Prenatal and post partum classes with BF component
- Education materials provided "Living & Learning"
- Pump kits available
- CLE/LE/CLC/IBCLC staff

NEPHI

Central Valley Medical Center RHMC

48 W. 1500 N. (PO Box 412)

Nephi, UT 84648

435-623-3300 Nursing Department

- RN in-patient BF assistance, counseling, call-in Qs
- Prenatal classes with BF component
- Retail store (mostly inpatient)
- Educational materials provided
- CLC on staff

Nephi Medical Clinic

48 W. 1500 N.

Nephi, UT 84648

435-623-3200

WIC

146 N. Main St.

Nephi, UT 84648

435-623-0696

OGDEN

McKay-Dee Hospital IHC

Breastfeeding Matters Lactation Service

4401 Harrison Blvd.

Ogden, UT 84403

801-387-4132 Warmline

8:00-4:00 pm M-F, 9:00-3:00 pm Saturday

- Prenatal brfdg. classes \$10, free w/CB series
- Postpartum lactation rounds
- Inpatient and outpatient consult
- Information & support for physicians, nurse

Hospitals/WIC Clinics (continued)

- practitioners and office staff
- IBCLC on staff
- Pump rentals through women's center: -387-4128 or after hrs: 387-4150; Ameda/Medela; \$13/wk or \$45/mo
- Physician and staff outreach education, in-services

Ogden Regional Medical Center MSH

5475 S. 500 E.
Ogden, UT 84405
801-479-2684 Lactation services, Mon.-Sat.
801-479-2550 Emergencies
801-479-2684 Warmline
801-479-2600 Breastfeeding classes: education office

- Nursing staff trained to help with latch and positioning
- Inpatient lactation rounds by lactation specialist
- Outpatient consultation
- Breast pump rentals, lending library
- Telephone counseling
- Lactation Specialists

WIC

2233 Grant Ave., Ste. A
Ogden, UT 84401
801-778-6113 Ogden
801-845-4033 Morgan

OREM

Orem Community Hospital IHC

Utah County Lactation Service
331 N. 400 W.
Orem, UT 84057
801-377-3349 Warmline
8:30-3:00 pm M-F, 2 day Sat.

- Serving American Fork Hospital, Orem Community Hospital, and Utah Valley Medical Center
- Initial assessment with "latch tool" for all BF patients
- 2nd assessment by CLE/IBCLC for all BF patients M-F
- Referrals to CLE/IBCLC on weekends
- LE provides pager # for in-patient assistance
- Follow-up calls to d/c out-patients
- Out-patient lactation consults by appt. (call for service fee)
- Prenatal breastfeeding classes at all three hospitals
- Electric pump rental and supplies
- Referral list of local area services provided
- Educational materials provided
- Staff education: attend BF classes, yearly in-services, etc.

Timpanogos Regional Hospital MSH

750 W. 800 N.
Orem, UT 84057
801-714-6025 OB Unit
801-714-6022 Education office

- Breastfeeding classes

WIC

1549 N. State St., Ste. 104
Orem, UT 84057
801-225-2063

PANGUITCH

Garfield Memorial Hospital IHC

200 N. 400 E. (Box 389)
Panguitch, UT 84759
435-676-8811 ask for Nursing Station

- Trained staff in-patient BF assistance, counseling, call-in Questions, appts. and home visits
- Referrals to more trained staff
- Prenatal classes with BF component
- Routine post partum calls to out-patients, referrals if needed
- Electric pumps for in-hospital use, supplies
- Educational material provided

WIC

601 N. Main St.
Panguitch, UT 84759
435-676-8800

PARK CITY

WIC

6505 Landmark Dr., Ste. 300
Park City, UT 84098
435-615-3910

PARK VALLEY

WIC

Park Valley School
Park Valley, UT 84329
435-871-4157

PAYSON

Mountain View Hospital MSH

1000 E. 100 N.
Payson, UT 84651
801-465-7052 Women's Services

- CLEs on staff, post partum brfdg. counseling to patients

WIC

910 E. 100 N., Ste. 175
Payson, UT 84651
801-465-0217

Hospitals/WIC Clinics (continued)

PRICE

Castleview Hospital CHC

300 N. Hospital Dr.
Price, UT 84501
435-637-4800 x3160 OB Unit
• Breastfeeding classes

WIC

28 S. 100 E.
Price, UT 84501
435-637-3671

PROVO

Utah Valley Regional Medical Center IHC

1034 N. 500 W.
Provo, UT 84604
801-357-7850 Women's Center
• RN initial assessment with "latch tool" for all BF patients
• 2nd assessment by CLE/IBCLC for all BF patients M-F
• Referrals to on-call IBCLC on weekends
• LE provides pager # for in-patient assistance
• Follow-up calls to d/c out-patients
• Out-patient LE consults by appt. (call for service fee)
• Prenatal classes with BF component
• Electric pump rentals, supplies
• Referral list of local area services provided
• Educational materials provided
• Staff education: attend BF classes, yearly in-services, etc.

Utah County Lactation Service IHC (see Orem Community Hospital)

WIC

151 S. University Ave., Ste. 2100
Provo, UT 84601
801-851-4510

RANDOLPH

WIC

275 N. Main St.
Randolph, UT 84064
435-793-2445

RICHFIELD

Sevier Valley Hospital IHC

1100 N. Main St.
Richfield, UT 84701
435-896-8271 ask for Nurse's Station

WIC

70 Westview Dr.
Richfield, UT 84701
435-896-5451

ROOSEVELT

Uintah Basin Medical Center

250 W. 300 N.
Roosevelt, UT 84066
435-722-6150 (OB) ask for Breastfeeding Assistance
• RN basic assessment in-patient
• Referrals to on-call CLE for BF consults & home visits
• Post partum calls/home visits post d/c
• Electric pumps for in-hospital use and rental, supplies

WIC

281 E. 200 N.
Roosevelt, UT 84066
435-722-3987

SALT LAKE

Birthcare Healthcare
Madsen Health Center
555 S. Foothill Blvd.
Salt Lake, Utah 84112
801-585-2111

Intermountain Pediatric Society

Primary Children's Medical Center IHC
801-588-2000

LDS Hospital IHC

325 8th Ave.
Salt Lake, UT 84143
801-408-3493 Women's Center Warmline
• RN in-patient BF assistance
• LE in-patient referral, counseling, call-in Qs
• Prenatal and post partum classes with BF component
• Educational materials provided
• Referral list provided of local lactation services
• Educational materials provided "Living & Learning"
• Pump kits available
• "Rooming in" encouraged
• CLE/LE/CLC/IBCLC on staff

Primary Children's Medical Center IHC

100 N. Medical Dr.
Salt Lake, UT 84113
801-588-3893 Intermountain Breastfeeding Services
• BF clinic and lactation services, staffed by a pediatrician
• LE/CLE/CLC/IBCLC in-patient BF assistance
• In-patient consultant nurse
• In-patient post partum BF counseling, assistance
• Out-patient warmline

Hospitals/WIC Clinics (continued)

- Lectures for health care professionals
- Assistance and medical resources available from physician to other health care professionals managing lactation issues and problems

St. Mark's Hospital MSH

1200 E. 3900 S.
Salt Lake, UT 84124
801-268-7261 Warmline M-F 8:30-3:00 pm
• Breastfeeding classes & brfdg. follow-up clinic

Salt Lake Clinic IHC Family Practice

333 S. 900 E.
Salt Lake, UT 84102
801-535-8398

Salt Lake Regional Medical Center IASIS

1050 E. South Temple
Salt Lake, UT 84102
801-350-4373 Women's Services Warmline
• CLE/IBCLC in-patient BF assistance, counseling, call-in Qs
• Prenatal BF counseling (call for appt.)
• Prenatal classes with BF component (Spanish available)
• Post partum classes, follow-up calls, BF assessed
• Pump rental, supplies through out-patient pharmacy
• Educational materials provided

University Hospital - Clinic 4

50 N. Medical Dr.
Salt Lake, Utah 84132
801-581-2719 Maternal Newborn/OB Unit
• LE in-patient BF assistance, counseling, call-in Qs
• Referrals provided, Home Health visits arranged (fee for svc)
• Prenatal classes with BF component
• Educational materials provided
• Pump kits

Wasatch Canyons Hospital IHC

5770 S. 1500 W.
Salt Lake, UT 84123
801-262-6199

WIC Program

State WIC Office

288 N. 1460 W.
Salt Lake, UT 84116
801-538-6960
1-877-942-5437 Toll free in Utah

Salt Lake Valley Health Dept.

WIC Director's Office
2001 S. State St. Ste. S3800
Salt Lake, UT 84190
801-468-2519

SLV Clinics:

South Main

3195 S. Main St.
Salt Lake, UT 84115
801-464-8900

City

610 S. 200 E., Ste. 111
Salt Lake, UT 84111
801-534-4629

Rose Park

1625 W. 700 N., Ste. H
Salt Lake, UT 84116
801-322-0502

University of Utah

Teen Mother & Child Program
30 N. 1900 E. Ste. 1B398
Salt Lake, UT 84132
801-581-3729

SANDY

Altaview Hospital IHC

9660 S. 1300 E.
Sandy, UT 84094
801-408-3493 Women's Center Warmline
• RN in-patient BF assistance
• In-hospital referrals to LE, counseling, call-in Qs
• Prenatal & post partum classes with BF component
• Referral list provided of local lactation services
• Education materials provided "Living & Learning"
• Pump kits available
• CLE/LE/CLC/IBCLC on staff

WIC

9340 S. 700 E.
Sandy, UT 84070
801-256-1978 x233

ST. GEORGE

Dixie Regional Medical Center IHC

544 S. 400 E.
St. George, UT 84770
435-688-4430 OB Unit Warmline (ask for BF assistance)
• RN in-patient assessment, BF assistance
• Referral to LE, telephone counseling, call-in Qs
• Prenatal classes with BF component
• Electric pump for in-hospital use, supplies
• Electric pump rental referral list provided
• Educational materials provided

WIC

168 N. 100 E., Ste. 116
St George, UT 84770
435-673-3528

Hospitals/WIC Clinics (continued)

TOOELE

Mountain West Medical Center

2055 N. Main St.
Tooele, UT 84074
435-843-3600 Maternal Newborn/OB Unit

Tooele Valley Medical Center RHMC

211 S. 100 E.
Tooele, UT 84074
435-882-1697 OB Unit
• RN in-patient assessment, BF assistance
• Referral to LE, telephone counseling, call-in Qs
• Educational materials provided

WIC

151 N. Main St.
Tooele, UT 84074
435-843-2324

TREMONTON

Bear River Valley Hospital IHC

440 W. 600 N.
Tremonton, UT 84337
435-257-4368, nurse's station
• RN in-patient assessment, BF assistance
• Referral to Logan Regional Medical Center
• Prenatal classes with BF component
• Electric pump for in-hospital use/loan

WIC

125 S. 100 W.
Tremonton, UT 84337
435-257-3318

VERNAL

Ashley Valley Medical Ctr CHC

151 W. 200 N.
Vernal, UT 84078
435-789-3342 OB Unit
• Prenatal classes, postpartum brfdg. instruction

WIC

147 E. Main St.
Vernal, UT 84078
435-781-5480

WENDOVER

WIC

100 S. 9th St.
Wendover, UT 84083
435-665-7004

WEST JORDAN

Jordan Valley Hospital IASIS

3589 W. 9000 S.
West Jordan, UT 84088
801-561-8888 Women's Center
• RN in-patient BF assistance
• LE available for in-hospital referral, counseling (call-in Qs)
• Prenatal and post partum classes with BF component
• Referrals list provided of local lactation services
• Educational material provided
• Pump kits available

WIC

1740 W. 7800 S.
West Jordan, UT 84088
801-569-4365

WEST VALLEY

Pioneer Valley Hospital IASIS

3460 S. Pioneer Pkwy.
West Valley, UT 84120
801-964-3460 Women's Services
• LE in-patient BF assistance, counseling, call-in Qs
• Out-patient home visits available (call for fee)
• Prenatal and post partum classes with BF component
• Educational materials provided
• Ameda pumps/supplies at gift shop
• IBCLC on staff

WIC

4535 S. 5600 W.
West Valley, UT 84120
801-963-7332

WOODS CROSS

WIC

596 W. 750 S.
Woods Cross, UT 84010
801-292-7803

Local Breastfeeding Products & Pump Rental

Location	Resource	Phone	Comments
American Fork	Taylor Drug 76 N 100 E	801-756-4021	M-Sat 9-9 pm; Sundays, 4-8 pm. Delivery available. Rents/sells pumps
Bountiful	Bountiful Medical Equipment & Supplies 140 N Main	801-292-0486	Rents/sells Ameda
Bountiful	L.A.C.E. By Louise 344 S 500 W	801-294-5223	Rents/sells Medela, Ameda pumps
Brigham	Advantage Medical Supply 1017 S 500 W	435-734-0488	Ameda pump rental
Cedar City	Praxair Healthcare Services 198 N Main	435-586-0379	Rents Ameda/Medela pumps
Centerville	Lisa Sommer	801-295-8067	M-F 7-10 pm; Weekends available Sells Medela; delivery available
Clearfield	Lincare 1550 N 320 W	801-825-4770	M-F 8-6 pm usually. Call first. 24-hour 1-800-234-2989 Medela rental, delivery available
Clearfield	Mountain West Medical 120 S State Ste B	801-825-2300	M-F 9-5 pm; Rents Ameda pumps. Delivery available (charged); special order as needed
Fruit Heights	Expressly Yours 1603 Old Lake Ln Shannon Clegg, RN, MBA	801-544-7239	24-hour 7 days/week warmline Consultations, Pump rental, delivery available, Breastfeeding accessories & supplies; Speaker at local conferences and inservices
Heber City	Advance Medical Services 468 N Main	435-657-0164	Sells Medela pumps
Kaysville	Mother Hen Maternity 461 N Main	801-547-1366	Sells Ameda pumps
Layton	Professional Plaza Pharmacy 2065 N 1700 W	801-773-3863	M-F 9-7 pm; Sat 9-5 pm Rents Medela-Egnel
Lindon	Praxair Healthcare Services 400 N Geneva Rd	801-785-1000	Rents Medela/Ameda pumps
Logan	A Mother's Touch 1400 N 500 E	435-716-2560	(in Women's Center at Logan Regional Hosp)

Local Breastfeeding Products & Pump Rental (continued)

Location	Resource	Phone	Comments
Logan	Cache Valley Oxygen 1395 N 400 E	435-752-2227	Pump rental
Logan	Maternity In Style 41 W 1000 N Ste 103	435-752-9794	Pump rental & supplies Aaron and Sheri Porter
Logan	Praxair Healthcare Services 2005 N 600 W Ste F	435-753-1111	Pump rental; Medela/Ameda
Logan	Stork Landing 99 W Center	435-792-4453	Pump rental & supplies
Midvale	Babies R Us 1122 E Fort Union Blvd	801-352-1086	Free monthly seminar taught by Lactation Specialist
Murray	Burlington Coat Factory 5976 S State St	801-261-5995	M-Sat 9-10 p.m.; Sun 10-7 pm Sell Medela, Evenflo, Ameda pumps
Murray	Praxair Healthcare Services 235 E 6100 S	801-261-5100	Rents/sells Medela/Ameda
Neola	Elizabeth Lee Designs PO Box 10, Neola UT 84053	435-353-4344	Rents/sells Medela/Ameda-Egnel/ Aveda/Nature 3/White River Breastfeeding accessories
Ogden	A-1 Medical 134 31st St	801-394-4455	
Ogden	Apria Health Care	801-771-1102	24-hour 7 days/week Nurture & Medela Classic pump rental, delivery available
Ogden	Babies R Us 4042 Riverdale Road	801-622-7286	Free monthly seminar taught by Lactation Specialist
Ogden	IHC Medical 3776 Wall Ave	801-622-5150	24-hour on call M-F 8-5 pm, 8-2 pm on Weekends Ameda and Medela pump rental
Ogden	Mindful Women 1525 E 6100 S	801-337-5818	Rents Medela pumps
Ogden	Ogden Regional Medical Center 5475 S 500 E	801-479-2684	Lactation & postpartum support Mon-Sat (hours vary) Medela pump rental
Ogden	Praxair 206 W 36th Street	801-394-4000	M-F 9-5 pm, 10-2 pm Saturday Medela and Ameda pump rental
Orem	Babies R Us 106 E University Pkwy	801-802-8200	Free monthly seminar taught by Lactation Specialist

Local Breastfeeding Products & Pump Rental (continued)

Location	Resource	Phone	Comments
Orem	Burlington Coat Factory 340 E University Pkwy	801-224-1700	M-Sat 9-10 pm; Sun 10-7 pm Sells Medela, Evenflo and Ameda pumps
Orem	For Every Mother 560 S State Ste C-1	801-224-4143	Sell professional/handstyle- Avent Isis; Rents hospital grade-Ameda/Medela; sells breastfeeding accessories
Orem	Home Medical Supply 230 N State	801-374-8101	Rents/sells Medela pumps
Orem	Mom & Me 220 E 1300 S	801-765-9900	Rents Medela pumps
Orem	Peterson Medical 230 N State	801-374-8108	Rents/sells Ameda/Medela pumps
Orem	Timpanogos Regional Hospital Scholarship 750 W 800 N	801-714-6123	Rents Medela pumps
Orem	Tyco Healthcare 412 N 1080 W	801-802-7196	Breastfeeding products
Pleasant Grove	Smith Rexall Drug 10 S Main	801-785-3221	Rents Medela pumps
Price	Praxair Healthcare Services 60 S 700 E Ste 1	435-637-9500	Rents Medela/Ameda pumps
Richfield	Remed Medical 560 N Main	435-896-6474	Rents Medela pumps
Roosevelt	Uintah Basin Home Health Medical Equipment IHC 26 W 200 N	435-722-2418	Rents Ameda pumps
Salt Lake	A Baby's Choice Cottonwood Heights Julie Fikstad, RN, IBCLC	801-680-MILK	7 days/wk, 9-9 pm Pump rental, Lactation Consultant, Home visits/helpline
Salt Lake	Apria Healthcare 1958 W Parkway Blvd	801-972-5353	M-F 8-5 pm (24-hour pager) Medela rental, delivery available; Discounts available - ask. Local number: 392-8700
Salt Lake	Breastfeeding Essentials 1411 W 9000 S	801-280-3177	Rents Medela pumps

Local Breastfeeding Products & Pump Rental (continued)

Location	Resource	Phone	Comments
Salt Lake	Deseret Medical 560 W Fine Dr	801-270-8440	Medela pump sales/rental, delivery available
Salt Lake	IHC Home Care 2250 S 1300 W	801-887-7320	Rents Medela pumps ck: 977-9900
Salt Lake	Lactation Plus 794 W Spanish Oak Way (6160 S)	801-281-1881	Call for an appointment to receive individual service 7 days a week 9-9 pm Rents/sells Medela, Ameda pumps Nursing slings, bras, specializes in babies with special needs
Salt Lake	Lactation Station 3142 S Highland Dr	801-467-3434	M-F 10-8 pm Lactation consultant; Supplies, Apparel; Rents Medela, Ameda pumps, delivery available
Salt Lake	Medical Center Pharmacy by Salt Lake Reg Hosp lobby	801-350-8140	M-F 8-8 pm, Sat and Sun by appt. Medela pump rental Consults available during hospital stay and by appt: 350-4373
Salt Lake	Ortho-Medical 2300 E Murray-Holladay Rd	801-272-4253	M-F 9-5:30 pm, Sat 10-2 pm No consultant Rents/sells Medela, Ameda pumps, delivery available
Salt Lake	Praxair Healthcare Services 235 E 6100 S	801-261-5100	M-F 9-6 pm, Sat 9-6 pm No consultant Rents/sells Medela, Ameda pumps, delivery available
Salt Lake	Strictly Maternity Outlet 6910 S Highland Dr	801-944-1154	M-F 10-7 pm, Sat 10-6 pm Pump rental, supplies & apparel
Salt Lake	Utah Department of Health 288 N 1460 W	801-538-6061	Provides pumps for WIC clients
Sandy	Bosom Buddies 11092 S Bob Ln	801-450-3811	Call for hours; Medela pump rental; Lactation consultant
Sandy	Maternal Instincts	801-568-7020	Rents/sells Medela/Ameda-Egnel pumps; IBCLCs

Local Breastfeeding Products & Pump Rental (continued)

Location	Resource	Phone	Comments
Springville	Art City Pharmacy 405 S Main	801-489-5618	Rents/sells Medela and Ameda pumps, supplies
St George	All About Moms	435-668-1001	Rents Medela pumps
St George	Canyonlands Medical 285 W Tabernacle	435-634-7625	Rents Medela pumps
St George	Kids Korner	435-673-5576	Rents Medela pumps
St George	Praxair Healthcare Services 1509 S 270 E Ste 9	435-673-3250	Rents Medela/Ameda pumps
Statewide	Ameda	1-800-323-8750	Manufacturer
Statewide	Medela	1-800-435-8316	Manufacturer
Syracuse	Nursing Necessities	801-299-1799	Rents Ameda pumps
Syracuse	Nursing Necessities	801-774-6444	Rents Medela pumps
Taylorsville	USA Baby 101	801-840-2424	Rents Medela pumps
Vernal	Praxair Medical 14 W Main St.	435-789-9500	Ameda/Medela pump rental
Vernal	Valley Home Medical	435-781-1882	Pump rental
Vernal	Walmart	435-789-9784	Supplies
West Jordan	Maternal Instincts 1411 W 9000 S	1-888-660-Pump	Rents/sells Medela/Ameda-Egnel pumps; IBCLCs

Breast Pump Manufacturers

Ameda Egnell	1-800-323-8750
Avent	1-800-54-AVENT
Bailey	1-800-413-3216
Medela	1-800-435-8316
Hollister Incorporated, Ameda Egnell	1-800-323-4060
Whittlestone	1-877-698-6455

Special Support

Doulas of Utah

For both certified and non-certified Doulas in your area, contact:

Referrals@dona.org or Doula@DONA.org

PO Box 626, Jasper, IN 47547

888- 788-3662 (DONA) • Fax: 812-634-1491

www.dona.org

Referral information, list of interviewing questions.

ILCA (International Lactation Consultant Association): <http://www.ilca.org/>

Lactation Consultants in Utah

IBCLE (International Board of Lactation Consultants): <http://www.iblce.org/index.html>

La Leche League of Utah

www.llusa.org/UT/Utah

Referral line: 801-264-LOVE (5683)

Prematurity Support

University of Utah Hospital

Parent to Parent

581-2098

Twin/Multiple Support

Northern Utah Parents of Multiples

www.multikids.org

Northwest Association Mothers of Twins Clubs

<http://www.nwamotc.org/links.asp>

Utah Valley Mothers of Multiples

<http://pages.ivillage.com/uvmom>

Salt Lake Mothers of Twins

<http://www.angelfire.com/ut/slmot/index.html>

Products - Internet, Catalog or Mail Order

Resource Information	Phone	Comments
Abracadabra Maternity PMB 575, 2400 Rio Grande Blvd NW Albuquerque, NM 87104 www.momshop.com Email: ann@momshop.com	505-345-5370	Apparel; Bulk orders available; Call for price list
American Academy of Pediatrics 141 Northwest Point Blvd PO Box 747 Elk Grove Village, IL 60009-0747 www.aap.org/bookstore	1-888-227-1770	Pediatric literature
Bosom Baby Nursing Pillows 303 Belle Lane Sapulpa, OK 74066		Nursing pillows
Bravado! Designs Inc. 41 Hollinger Road Toronto, ON CANADA Email: customerservice@bravadodesigns.com	1-800-590-7802	Maternity and nursing apparel
Breastfeeding Outlook PO Box 387 Herndon, VA 20172-0387		Nursing magazine
Childbirth Graphics PO Box 21207 Waco, TX 76702-1207 www.childbirthgraphics.com	1-800-299-2266 ext.287	Breastfeeding educational material
Easy Expression Products, Inc. Houston, TX USA www.EasyExpression.com	1-866-522-7177	Hands-free pumping bra
Elfred E. Lee Fine Art Studio 431 J Street San Diego, CA 92101		Art work
Fresh Baby LLC 2165 Deer Trail Los Alamos, NM 87544 www.myfreshbaby.com		Breastfeeding products
Hugster nursing pillowby Touch for Life	1-888-833-8697	Nursing pillows

Products - Internet, Catalog or Mail Order (continued)

Resource Information	Phone	Comments
Kangaroo Korner www.kangarookorner.com		Over the shoulder baby holder
La Leche League International PO Box 4079 Schamburg, IL 60168-4079 www.lalecheleague.org	847-519-9585	Breastfeeding literature, accessories, and professional materials
Lansinoh Laboratories 333 North Fairfax St, Ste 400 Alexandria, VA 22314 www.lanisoh.com		Breastfeeding products
Leading Lady 24050 Commerca Park Beachwood, OH 44122 www.leadinglady.com	1-800-321-4804	Maternities, full figure, and intimates
Lily Padz Me and My Kidz, LLC P.O. Box 36 Holland, OH 43528		Breastfeeding products
Little Koala www.littlekoala.com		A mother-owned catalog and website supporting breastfeeding and attachment parenting.
Lundeen Artwork Box 616 Dassel, MN 55325		Baby artwork
Made by Moms, Inc. PO Box 812371 Boca Raton, FL 33481-2371 www.handsfreewithtlc.com	1-800-538-2130	Breastpump bra
Maternal Care 11585 Jones Bridge Road Suite 420-216 Alpharetta, GA 30202 http://www.maternal-care.com		Breastfeeding products
Moms in Clogs P.O. Box 30814 Seattle, WA 98113-0814		Clogs and attire
Motherlove Herbal Company P.O. Box 101 Laporte, CO 80535		Herbal products for lactating women

Products - Internet, Catalog or Mail Order (continued)

Resource Information	Phone	Comments
Motherwear 320 Riverside Dr Northampton, MA 01062 www.Motherwear.com	1-800-950-2500	Maternal apparel
My Brest Friend Nursing Pillow by Zenoff www.mybrestfriend.com		Endorsed by Kathleen Huggins, R.N., author of the bestselling Nursing Mother's Companion. Correctly positions your baby for nursing. Relieves shoulder and back pain. New adjustable silent-release strap.
Noodle Soup 4614 Prospect Ave #328 Cleveland, OH 44103-4377 www.noodlesoup.com	1-800-795-9295	Low-literacy educational materials
NuAngel, Inc. 14717 Friend Road Athens, AL 35611		Breastfeeding products
Nursing Mothers Supplies http://www.nursingmothersupplies.com/		Breastfeeding supplies and breastpumps
Over the Shoulder Baby Holder PO Box 5191 San Clemente, CA 92674-5191		The first truly natural baby carrier. It supports your baby in a variety of natural positions, most like mother's arms
Parenting Concepts www.slingezeebabysling.com Email: babyslugs@aol.com	1-800-727-3683	Baby slings
Precious Image Creations 3342 Gwinnett Planation Way Duluth, GA 30096		Maternity and nursing clothing
Pumpin Pal 306 E 15th Street Tempe, AZ 85281		Breastfeeding pumps and accessories
Puronyx Clinical Support 990 Park Center Drive Ste EVista, CA 92083 www.puronyx.com	1-800-944-4006	Soothies glycerin gel pads
Sierra Lactation PO Box 550 Pilot Hill, CA 95664		

Products - Internet, Catalog or Mail Order (continued)

Resource Information	Phone	Comments
Swaddle Baby 3430 Myrtle Ave Long Beach, CA 90807		Baby wraps
The Attachments Catalog http://www.attachmentscatalog.com/		Pregnancy gifts, slings, books and all sorts of other fun items.
The Lactation Connection		Nursing bras in sizes 32B to 50J, Medela and Ameda breast pumps, baby scales, baby slings, as well as lactation consulting in the DFW area of TX.
Whisper Wear 2221 Newmarket Pkwy, Ste 136 Marietta, GA 30367		The world's first hands-free breast pump, Whisper Wear gives mothers the freedom to carry on daily activities even while pumping.
White River Concepts 924 C Calle Negocio San Clemente, CA 92673 www.whiteriver.com	1-800-342-3906	Breastpumps and breastfeeding accessories

Educational Resources

Amy's Baby Company

Amy Spangler
12 Ball Creek Way
Atlanta, GA 30350
www.amysbabycompany.com
Breastfeeding educational materials.

Best Beginnings Productions

6121 West 86th Terrace
Overland Park, KS 66207-1530
913-649-0487
Email: www.barronseduc.com
"Lectures To Go"

Best Start Social Marketing

4809 E. Busch Blvd., Suite 104
Tampa, FL 33617
1-800-277-4975
Email: beststart@beststartinc.org
Videos, pamphlets, posters, "New Life Magazine" (for teens), TV PSA's, radio PSA's, outdoor advertisements, and Support Kits. (Spanish and Native American materials available).

Birthing the Future

Suzanne Arms
P.O. Box 1040
Bayfield, CO 81122
<http://www.birthingthefuture.com>
Books, videos, posters.

Breastfeeding Essentials

P.O. Box 7433
Kingsport, TN 37664
<http://www.breastfeed-essentials.com/books.html>

Breastfeeding Support Consultant Center for Lactation Education

1613 Burning Trail
Wheaton, IL 60187
<http://www.bsccenter.org/>
Educational literature, text books, video tapes, charting forms, and study modules.

Bright Future Lactation Resource Center

6540 Cedarview Ct.
Dayton, OH 45459-1214
Phone: 937-438-9458
Fax: 937-438-3229
www.bflrc.com
Educational and motivational materials. Web site has breastfeeding management topic sheets.

Cascade Health Care Products, Inc.

141 Commercial St. NE
Salem, OR 97301-3402
Phone: 1-800-443-9942
Fax: 503-371-5395
www.1cascade.com
Books, pamphlets, textbooks, video tapes, Lactation Consultant Series, flip charts, teaching aids, posters, Spanish material available.

Childbirth Graphics WRS Group, Inc.

P.O. Box 21207
Waco, TX 76702-1207
Phone: 1-800-299-3366 Ext. 295
Fax: 1-888-977-7653
www.wrsgroup.com
Books and pamphlets on various breastfeeding topics, slides, videos, posters, breast module, weighted doll, lactation consultant forms. Spanish materials available.

Clearinghouse

2070 Chain Bridge Road, Suite 450
Vienna, VA 22182-2536
Phone 888-434-4624
Fax: 703-821-2098
Email: nmchc@circol.com
www.nmchc.org
Healthy Mothers, Healthy Babies brochure on worksite support for breastfeeding employees.

Geddes Productions

Box 41761
Los Angeles, CA 90041-0761
Phone: 323-344-8045
Fax: 323-257-7209
Email: orders@geddespro.com
Videos, slides, pocket flip charts, patient handouts, instructional Posters, "Breastfeeding Product Guide" (book, 1994), "Breastfeeding Product Guide Supplement" (book, 2000). Videos available in Spanish.

Harcourt Health Sciences,

(WB Sanders, Mosby and Churchill Livingston Publishers)
11830 Westline Industrial Drive
St. Louis, MO 63146
Phone: 1-800-325-4177
Fax: 1-800-568-5136
Email: customer.support@mosby.com
www.harcourthealth.com
Professional reference books.

Educational Resources (continued)

Health Education Associates

508-888-8044

Pt. Ed pamphlets regarding normal breastfeeding, How-to, special situations, weaning, etc.

HealthONE Alliance Lactation Program

303-320-7081

International Childbirth Education Association (ICEA)

P.O. Box 20048

Minneapolis, MN 55420

952-854-8660

www.icea.org

Books and pamphlets on various breastfeeding topics, video tapes, Teaching aids, posters. Spanish materials available.

Iowa Department of Public Health

Bureau of Nutrition and WIC

Lucas State Office Building, 5th Floor

321 E. 12th Street

Des Moines, IA 50319

Email: hszcodro@idph.state.ia.us

Breastfeeding pamphlets available in English and Spanish, Community Based Coalition Building for Breastfeeding Promotion (manual).

Kelly Mom - Breastfeeding and Parenting

<http://www.kellymom.com>

Lactation Associates

254 Conant Road

Weston, MA 02193-1756

Phone: 781-893-3553

Fax: 781-893-8608

Email: marshalact@aol.com

Parent education pamphlets, video tapes, continuing education Programs, professional reference books.

Lactation Consultant Services

11320 Shady Glen Road

Oklahoma City, OK 73162

Phone: 405-722-2163

Fax: 405-722-2197

Email: dbocar@aol.com

Educational materials, slides, pamphlets, breastfeeding log sheets, infant weight loss cards.

Methodist Hospital

Breastfeeding Center

Box 650

Minneapolis, MN 55440

Phone: 952-993-6793

Publications for lactation consultants, color slide sets

Healthy System Minnesota

MetroHealth System

Babies First

Cleveland, OH

Weingart Design

Brochures regarding breastfeeding information.

National Maternal and Child Health

Selective list of educational materials and resources-single copy free.

Jack Newman, MD

<http://www.bfirc.com/newman/articles.htm>

Brian Palmer, DDS

<http://brianpalmerdds.com>

Rebecca Glover Breastfeeding Ed. Aids

6 Finlay Court

Lesmurdie, WA 6076

Seattle-King County Dept. of Public Health

Health Education Material Sales

400 Yesler Way, 3rd floor

Seattle, WA 98104

Phone: 206-296-4902

Fax: 206-205-5281

“Breastfeeding Triage Tool” (spiral bound book, 1998), patient fact sheets on breastfeeding.

WIC Works Resource System

www.health.utah.gov/wic

www.nal.usda.gov/wicworks

online modules

Lactation Courses

Resource Information	Phone	Comments
Breastfeeding Support Consultants Center for Lactation Education	215-822-1291	228 Park Lane Chalfont, PA 18914 www.bsccenter.org
Division of Continuing Education in Health Sciences, and UCLA Extension, and the UCLA School of Nursing	310-825-7257	Mail registration to: UCLA Extension Dept. K PO Box 24901 Los Angeles, CA 90024-0901
Evergreen Hospital Medical Center	425-899-3480	Go to: www.evergreenhealthcare.org , and click on the Professional Education link. A printable file will contain full details and a registration form.
Health e-Learning		P.O. Box 2405 Chermside Centre, Queensland 4032 Australia www.health-e-learning.com
Healthy Children's Center for Breastfeeding	508-888-8044	327 Quaker Meeting House Road East Sandwich, MA 02537 www.healthychildren.cc Email: info@healthychildren.cc
Intermountain Health Care Corporate Lactation Consultant Group	801-714-3349 or 801-714-3358	18-hour course based on the World Health Organization course for the US.
International Board of Lactation Consultant Examiners (IBLCE)	703-560-7330	7309 Arlington Blvd. #300 Falls Church, VA 22042-3215 www.iblce.org
Lactation Consultant Services	405-722-2163	11320 Shady Glen Road Oklahoma City, OK 73162

Lactation Courses (continued)

Resource Information	Phone	Comments
Lactation Education Consultants	630-260-4847	618 Wheaton Ave. Wheaton, IL 60187 w Email: LECoffice@aol.com
Lactation Education Resources	703-691-2069	3621 Lido Place Fairfax, VA 22031
Lactation Educator Program	530-225-7485	http://redding.mercy.org/ 1600 Market Street Redding, CA 96001
Lactation Educator Training Program UCLA Extension	310-825-8423	Walnut Creek, CA www.uclaextension.edu/healthsci
The Lactation Consultant Training Program	703-289--8731	Metro Washington DC http://www.inova.org/inovapublic.srt/careers/lifeatinova/lactation.jsp
The Lactation Institute	808-955-1913	16430 Ventura Blvd. Suite 303 Encino, CA 91436
UCSD Lactation Educator/Counselor Training Program	951-736-6382	Corona Regional Medical Center Conference Center For more information please call 858-534-3400

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- Wiggins PK. *¿Por Qué Debería Amamantar a mi Bebé?* Franklin, Virginia; LA Publishing Co; 2001.
- Wiggins PK. *Why Should I Nurse My Baby?* Franklin, Virginia; LA Publishing Co; 2001.
- Wilson-Clay, Barbara and Hoover, Kay. *The Breastfeeding Atlas*. LactNews Press, 2002.
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- Zaichkin, Jeanette. *Newborn Intensive Care: What Every Parent Needs to Know*. Santa Rosa, CA; NICU Ink Book Pub.; 2002.

Children's Books

- Bradley-McBeth, Anna. *I Eat at Mommy's*. USA; Big Brain Publishing; 1999.
- Donohue, Dorothy. *The New Baby Featuring Marta the Mouse*.
- Isadora, Rachel. *Over the Green Hills*. USA; Greenwillow; 1992.
- Martin, Chia. *We Like To Nurse*. USA; Hohm Press; 1995.
- Marzollo, Jean. *Mama, Mama*. New York, NY; Harper Festival; 1999.
- Moen, Cecilia. *Breastmilk Makes My Tummy Yummy*. USA; Midsummer Press; 1999.
- Olsen, Mary. *I'm Made of Mama's Milk*. USA; Mary Olsen Books; 2002.

Videos

**A Premie Needs His Mother,
First Steps to Breastfeeding Your Premature Baby**

www.breastmilk solutions.com
jamorton@vermontel.net

Breastfeeding: A Guide for the Medical Profession

Ruth A. Lawrence & Robert M. Lawrence
Elsevier Science Health Science div

Breastfeeding: A Guide To Successful Positioning

Mark-It-Television
<http://www.markittelevision.co.uk/>

Breastfeeding: A Guide to Successful Positioning Video

Childbirth Graphics
<http://www.childbirthgraphics.com/>

Breastfeeding and Basketball

injoy Videos
www.injoyvideos.com

Breastfeeding and Returning to Work, English/Spanish

Eagle Video Productions
www.eaglevideo.com

Breastfeeding and Working- It's Worth the Effort

Texas Dept. of Health, Spanish

Breastfeeding: A Parent's Guide, English

Childbirth Graphics
<http://www.childbirthgraphics.com/>

Breastfeeding Basics

www.injoyvideos.com

Breastfeeding Basics Vol 1

injoy Videos
www.injoyvideos.com

Breastfeeding Basics Vol 2

injoy Videos
www.injoyvideos.com

Breastfeeding Basics Vol 2: Valerie's Diary, English

Noodle Soup
www.noodlesoup.com

Breastfeeding Basics Vol 3

inoy Videos
www.injoyvideos.com

Breastfeeding Basics Vol 4

inoy Videos
www.injoyvideos.com

Breastfeeding: Coping With the First Week

Mark-It-Television
<http://www.markittelevision.co.uk/>

Breastfeeding: Focus on Attachment

Mark-It-Television
<http://www.markittelevision.co.uk/>

Breastfeeding: It's a Mother's Choice

www.universalhealthonline.com

Breastfeeding - Supporting Fathers

Mark-It-Television
<http://www.markittelevision.co.uk/>

Breastfeeding - Supporting Young Mothers

Mark-It-Television
<http://www.markittelevision.co.uk/>

Breastfeeding: The How-To/Why-To Video

www.vida-health.com

Videos (continued)

Breastfeeding: The Myths & Barriers

Email: raymob@mail.health.state.mo.us

Breastfeeding Your Preterm Baby

Email: center@u.washington.edu

Delivery Self Attachment

Available from Geddes Productions

Email: orders@geddespro.com

Double Duty-The Joys and Challenges of Care for Newborn Twins

www.momsbags.com

Health and Safety in Child Day Care:

Breastfed Babies Welcome Here-

A training module for healthcare providers

<http://www.odh.state.oh.us/>

How to Breastfeed: A Guide For Mothers English & Spanish

Beststart Promotional Catalog

<http://www.beststartinc.org/>

Kangaroo Mother Care

www.geddespro.com

Learning How to Breastfeed Your Baby:

Breastfed is Best Fed

Phone: 443-885-3238

Infant Cues: A Feeding Guide Video

Childbirth Graphics

<http://www.childbirthgraphics.com/>

Mark-It-Television

<http://www.markittelevision.co.uk/>

Noodle Soup

www.noodlesoup.com

Questions & Answers: What Moms Want to Know

English/Spanish

Beststart Promotional Catalog

<http://www.beststartinc.org/>

So She Wants to Breastfeed

Mark-It-Television

<http://www.markittelevision.co.uk/>

Supportive Grandparents

Mark-It-Television

<http://www.markittelevision.co.uk/>

Teen Breastfeeding Vol 1: Why Breastfeed

Noodle Soup

www.noodlesoup.com

Teen Breastfeeding Vol 2: Starting Out Right

Noodle Soup

www.noodlesoup.com

The Benefits of Breastfeeding

www.eaglevideo.com

Spanish available

The Case For Breastfeeding

www.agcunited.com

Spanish available

Through Their Eyes: Breastfeeding the Gift for Life

Email: amyspangler@daddymommyandme.com

www.daddymommyandme.com

Working & Breastfeeding: Can you do it? Yes, you can!

English/Spanish

Beststart Promotional Catalog

<http://www.beststartinc.org/>

Breastfeeding Information Web Sites

AAP Policy Statement:

http://aappolicy.aappublications.org/policy_statement/index.dtl

Academy of Breastfeeding Medicine: Policies and Protocols on Breastfeeding: www.bfimed.org

Adoptive Breastfeeding: www.fourfriends.com

Alcohol Elimination in Breastmilk:

<http://www.motherisk.org/updates/jan02.php3>

Ameda pumps and services: www.ameda.com

American Academy of Family Physicians:

<http://www.aafp.org>

American Academy of Pediatrics: <http://www.aap.org/>

American College of Family Physicians (ACFP):

statement on infant feeding: <http://www.aafp.org/x6633.xm>

American College of Nurse-Midwives: www.midwife.org

American College of Ob/Gyn. (ACOG):

<http://www.acog.com/j/publicsearch/s97is.dll>

American Dietetic Association (ADA):

Email: ppapers@eatright.org

Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) - Breastfeeding support, prenatal care and practice guidelines: www.awhonn.org

Asymmetrical Latch Info:

<http://www.breastfeedingonline.com/31.html>

Australian Breastfeeding Association:

<http://www.breastfeeding.asn.au/>

Baby Center: www.babycenter.com/breastfeeding

Baby Friendly Initiative: www.aboutus.com/a100/bfusa

Baby Friendly USA: www.babyfriendlyusa.org

Baby Milk Action: <http://www.babymilkaction.org/>

Bay Area Lactation Associates:

<http://members.aol.com/BALASF/>

Black Women's Health:

www.blackwomenshealth.com/BreastFeeding.htm

Blueprint for Breastfeeding Action-DHHS:

<http://www.4women.gov/Breastfeeding/bf.cfm?page=223>

Boston Medical Center:

bobbi.philipp@bmc.org

Breast Cancer Coalition of Utah:

http://health.utah.gov/ucan/res/other_links.htm

Breastfeeding.com: www.breastfeeding.com

Breastfeeding After Reduction: www.bfar.org

Breastfeeding and Working:

<http://www.breastfeeding.com/workingmom.shtml>

Breastfeeding Basics: www.breastfeedingbasics.org

Breastfeeding Essentials:

<http://breastfeeding.hypermart.net/>

Breastfeeding Help: <http://breastfeeding.v25.com/>

Breastfeeding and the Employed Mother:

<http://www.lalecheleague.org/bfwork.html>

Breastfeeding and Human Lactation Study Center:

<http://www.cdc.gov/breastfeeding/compend-bhlsc.htm>

Breastfeeding Matters: www.breastfeedingmatters.com/

Breastfeeding Online: <http://www.breastfeedingonline.com>

Breastfeeding Pharmacology:

<http://neonatal.ttuhscc.edu/lact/>

Breastfeeding Promotion and Support in the WIC Program:

<http://www.phila.gov/health/units/mcfh/bf/bf.html>

Breastfeeding Support:

<http://www.cdc.gov/breastfeeding/support-home.htm>

Breastfeeding Support Network, Inc.:

<http://www.multiplebirthscanada.org/english/breastfeeding.php>

Breastfeeding Information Web Sites (continued)

Breastfeeding Resources: A comprehensive listing of all breastfeeding related websites:
<http://www.borstvoeding.com/abon/bf-resources.html>

Breastfeeding Techniques That Work:
<http://www.geddespro.com/5.html>

Breastfeeding Women and Work:
<http://www.waba.org.br/working.htm>

Bright Future Lactation Resource Center:
<http://www.bflrc.com/newman/articles.htm>

Case Western Reserve: breastfeeding basics self-study course: www.breastfeedingbasics.org

Center for Disease Control (CDC):
<http://www.cdc.gov/breastfeeding/index.htm>

Changes in the New Breastfeeding Answer Book:
<http://www.lalecheleague.org/llealeferweb/LV/LVFebMar03p3.html>

Childbirth.org:
www.childbirth.org/articles/feeding/breastfed.html

Daily Inspiration for the Nursing Mother:
www.lactations.com

FDA (Food & Drug Association):
www.fda.gov/fdac/features/895_brstfeed.html

Family Energy: www.breastfeed.com

Find a Lactation Consultant:
www.associationhome.com/ilca/web/referral.cfm

Flex Success: <http://www.workoptions.com>

Food and Nutrition Center: www.nal.usda.gov/fnic

Geddes Productions: www.geddespro.com/index.html

HIV and Breastfeeding by Another Look:
<http://www.anotherlook.org/>

Human Milk Banking Association of North America:
www.hmbana.org

Infact Canada: <http://www.infactcanada.ca>

InfoNation Systems: The Lactation Consultant:
www.infonat.com

Intermountain Women's Center:
<http://www.ihc.com/xp/ihc/imc/>

International Board of Lactation Consultant Examiners:
www.iblce.org

International Childbirth Educators Association:
<http://www.icea.org/>

International Lactation Consultant Association:
www.ilca.org

International Society for Research in Human Milk and Lactation: <http://www.isrhml.org/>

iVillage: www.parentsplace.com/expert/lactation/

Jane's Breastfeeding Resources:
www.breastfeeding.co.uk

Joint United Nations Programme on HIV/AIDS:
www.unaids.org

Joyful Beginnings:
breastfeedingjoy@yahoo.com
www.breastfeeding.com

LLLI Law Bills: www.lalecheleague.org/LawBills/html

La Leche League International:
<http://www.lalecheleague.org/>

Lactnews on-line:
www.jump.net/~bwc/lactnews.html

Lamaze International: 1-800-368-4404 www.lamaze.org

Lansinoh for Sore Nipples: 703-299-1100
www.lansinoh.com

Linkages Project: <http://www.linkagesproject.org/>

Medela pumps and services: www.medela.com

Medications in Mother's Milk:
<http://neonatal.ttuhsf.edu/lact/>

Moms4 Milk: <http://www.moms4milk.org/>

Breastfeeding Information Web Sites (continued)

Mother's Milk Bank: Email: mmilkbank@healthl.org

National Alliance for Breastfeeding Advocacy (NABA):
<http://www.naba-breastfeeding.org/>

National Association of Pediatric Nurse Associates and Practitioners: www.napnap.org

National Association of WIC directors:
www.wicdirectors.org

National Breastfeeding Network/Medela:
<http://www.pediatricweb.com/seattle/article.asp?ArticleID=522&ArticleType=11>

National Center for Chronic Diseases Prevention and Health Promotion, CDC, OPHS, HHS: www.cdc.gov

National Center for Education in Maternal/Child Health: www.ncemch.org

National Healthy Mothers, Healthy Babies Coalition:
www.hmhb.org

The National Women's Health Information Center:
www.4woman.gov/breastfeeding

Natural Family Site:
www.BYGPUB.COM/natural/breastfeeding.htm

Nursing Baby: www.nursingbaby.com/nursing

Nursing Mothers Association of Australia:
<http://www.breastfeeding.asn.au>

Nursing Mother's Counsel:
<http://www.nursingmothers.org/>

Office of the Surgeon General: www.surgeongeneral.gov

Pan American Health Organization (PAHO):
<http://www.paho.org/>

Parent Soup: www.parentsoup.com

Parenting Web:
www.parentingweb.com/lounge/lounge_index.htm

Parents Place: <http://parentsplace.com/expert/lactation>

Physician's Breastfeeding Support Kit:
<https://secure.aafp.org/cgi-bin/catalog.pl?uid=cat100949>

ProMom: Breastfeeding and Returning to Work:
http://www.promom.org/bf_work.html

Promotion of Mother's Milk, Inc.: <http://promom.org/>

Pumping Mom's Exchange: <http://pumpingmoms.org/>

Reverse Pressure Softening:
http://www.health-elearning.com/breasted_web_articles/reverse_pressure/reverse_pressure.htm

Salt Lake Mothers of Twins: www.angelfire.com/ut/slmot/

The Working Cow:
<http://www.geocities.com/Wellesley/4092/>

UC Davis Lactation Center: <http://lactation.ucdavis.edu>

United Nations Children's Fund: www.unicef.org

United States Breastfeeding Committee:
<http://www.usbreastfeeding.org/index.html>

Utah College of Nursing:
<http://www.nurs.utah.edu/>

Wellstart International: <http://www.wellstart.org/>

Women's International Public Health Network (WIPHN): 7100 Oak Forest Lane Bethesda, MD 20817
PHONE: (301)469-9210 FAX: (301)469-8423
Email: wiphn@erols.com

World Alliance for Breastfeeding Action:
<http://waba.org.my/>

World Health Organization:
www.who.int/health_topics/breastfeeding or
www.who.int/nut/publications.htm

Position Papers/Policy Statements

“Barriers and Solutions to the Global Ten Steps to Successful Breastfeeding”
www.babyfriendlyusa.org

“Breastfeeding Management and Promotion in a Baby Friendly Hospital: A 18-Hour Course for Maternity Staff”
1-800-253-9646
United Nations Publications
2 United Nations Plaza
Room 0853
New York, NY 10017
www.unicef.org

“Evidence Based Guidelines for Breastfeeding Management During the First Fourteen Days”
919-787-5181
International Lactation Consultant Organization
1500 Sunday Drive, Suite 102
Raleigh, NC 27607
www.ilca.org

“Evidence for the Ten Steps to Successful Breastfeeding”
518-436-9686
WHO Publications Center
49 Sheridan Avenue
Albany, NY 12210
www.who.ch

“Hospital Policies”
913-649-0487
Best Beginnings Productions
6121 West 86th Terrace
Overland Park, KS 66207-1530
Email: spage@kumc.edu

“Protecting, Promoting, and Supporting Breastfeeding: The Special Role of Maternity Services”
518-436-9686
WHO Publications Center
49 Sheridan Avenue
Albany, NY 12210
www.who.ch

AAP Task Force on Infant Sleep Position and Sudden Infant Death Syndrome: *Changing concepts of sudden infant death syndrome: implications for infant sleeping environment and sleep position*; Pediatrics; 2000.

AAP Workgroup on Breastfeeding: *Breastfeeding and the Use of Human Milk*; Pediatrics; 1997.
www.aap.org/policy/re9729.html

AAP Work Group on Cow’s Milk Protein and Diabetes Mellitus: *Infant feeding practices and their possible relationship to the etiology of diabetes mellitus*; Pediatrics; 1994.

ACOG Issues Guidelines on Breastfeeding- This publication provides ACOG’s recommendations for breastfeeding, included are the benefits of breastfeeding and a caution on who should not breastfeed.

ADA: Position of the American Dietetic Association: *Promotion of breastfeeding*; Journal of the American Dietetic Association; 1997.

American Academy of Family Physicians: *Breastfeeding and Infant Nutrition*. AAFP Policies on Health Issues; 1994.
www.aafp.org/policy/issues/i3.html

American Academy of Pediatrics, Committee on Fetus and Newborn: *Guidelines for Perinatal Care* (4th Edition); Elk Grove Village, IL; AAP, 1997.

American Academy of Pediatrics’ Policy on Breastfeeding and the Use of Human Milk- This publication is the latest policy statement released by the American Academy of Pediatrics on the benefits of breastfeeding.

Position Papers/Policy Statements (continued)

American Public Health Association Endorses Legislation to Promote Breastfeeding- This news release from the American Public Health Association summarizes its position on legislation to promote breastfeeding. APHA supports legislation that encourages employers to protect and provide support for women who decide to pump milk at work, and explains the importance of educating health professionals in order to achieve these goals.

Best Practices Initiative: Baby-Friendly Hospital Initiative Improves Breastfeeding Initiation Rates- The Assistant Secretary for Health periodically showcases best practices in public health from around the country. This resource sheet outlines the goals, core components and accomplishments of the Baby-Friendly Hospital Initiative, and contains a list of contacts who can provide information on the initiative and on the promotion of breastfeeding in a public health setting.

Breaking the Barriers to Breastfeeding- Position of ADA- This publication contains the position of the American Dietetic Association (ADA) regarding breastfeeding. It states that public health and clinical efforts to promote breastfeeding should be sustained and strengthened.

Breastfeeding: Health and Economic Issues- This article from the USDA's *FoodReview* magazine reviews the research indicating that breast milk is the optimal food for babies, explains health benefits, and provides a basic analysis of the economic advantages of breastfeeding.

Breastfeeding: Maternal and Infant Aspects; ACOG: Educational Bulletin Number 258; 2000.

Breastfeeding Position Paper- The American Academy of Family Physicians (AAFP) supports breastfeeding whenever possible. This position paper discusses breastfeeding's health effects, special breastfeeding issues, such as maternal illness, infectious diseases, breast surgery, infant illness, nursing beyond infancy and employment issues.

CDC's Breastfeeding Resources: Innocenti Declaration on Breastfeeding- This on-line publication outlines the goals and objectives of the Innocenti Declaration, a document produced and adopted by participants at the WHO/UNICEF policy-makers' meeting on "Breastfeeding in the 1990s: A Global Initiative," co-sponsored by the United States Agency for International Development (AID) and the Swedish International Development Authority (SIDA), and held at the Spedale degli Innocenti, Florence, Italy, from July 30 to August 1, 1990.

CDC's Breastfeeding Resources: National Policies- this on-line resources sheet provides links to information on breastfeeding policies from the Federal Government and major health organizations.

Department of Health and Human Services, Office of Women's Health: *HHS Blueprint for Action on Breastfeeding*; Washington, DC; US Department of Health and Human Services; 2000.

Exclusive Breastfeeding for Six Months- This publication announces the World Health Organization's (WHO) recommendation that mothers should breastfeed exclusively for six months. The WHO statement highlights important nutritional advantages and benefits of breastfeeding to both baby and mother, differences between human milk and animal milks, A Baby-Friendly Hospital initiative and the Ten Steps to Successful Breastfeeding.

FIGO. *Recommendations of the international federation of gynecology and obstetricians for actions to encourage breastfeeding*; Int J Gynaecol Obstet; 1982.

Interagency Group For Action on Breastfeeding. *Women, Work, and Breastfeeding: Background Papers*. No place: Interagency Group for Action on Breastfeeding; 1990.

Position Papers/Policy Statements (continued)

International Lactation Consultant Association's Position on the Issue of HIV and Infant Feeding- The Joint United Nations Program on HIV/AIDS (UNAIDS) estimates that 1 in 5 babies born to HIV-positive mothers become infected during pregnancy and delivery and 1 in 7 during breastfeeding. This publication denotes ILCA's position on how public health officials can work to address this problem and seek new scientific discoveries to reduce mother to child HIV transmission.

Moreland, J. Coombs, J. *Promoting and Supporting Breastfeeding*. American Family Physician; 2000.

NAPNAP Position Statement on Breastfeeding- This position statement outlines the breastfeeding recommendations of the National Association of Pediatric Nurses Associates and Practitioners (NAPNAP). It emphasizes breastfeeding's advantages for infants and families, the importance of breastfeeding support programs, the goals of such programs, and explains cases where NAPNAP concedes that breastfeeding may be contra indicated. NAPNAP encourages its membership to take six critical steps to improve breastfeeding practices.

National Association of WIC directors: *Position Paper: Breastfeeding Promotion in the WIC Program*; Washington, DC; 1994.

Philadelphia Department of Public Health: Breastfeeding Promotion Policy; 2000.

Position on Infant Feeding in Emergencies- This position statement discusses the practice of breastfeeding during emergencies such as armed conflicts, natural disasters, refugee crisis and other events that can upset food supply, sanitation and breed illness. ILCA affirms that breastfeeding is often the safest and only way to feed infants in such a situation and discusses the ways that humanitarian aid workers can use breastfeeding education to better infant health in these situations.

Position Statement: Breastfeeding- The American College of Nurse-Midwives (ACNM) promotes breastfeeding as the optimal method of infant feeding. This statement reviews the benefits of breastfeeding for the infant and family, and suggests steps Nurse-Midwives should take in order to improve breastfeeding practices.

Position Statement on HIV/AIDS by the American College of Nurse-Midwives- This publication contains the American College's of Nurse-Midwives (ACNM) recommendations for preventing mother to child HIV transmission.

Prevention of Rickets and Vitamin D Deficiency: New Guidelines for Vitamin D Intake- Rickets in infants attributable to inadequate vitamin D intake and decreased exposure to sunlight continues to be reported in the United States. This report clarifies recommendations for Vitamin D intake, for both breastfed and formula fed infants. These new vitamin D intake guidelines for healthy infants and children are based on the recommendations of the National Academy of Sciences.

Role of the Nurse in the Promotion of Breastfeeding- AWHONN supports breastfeeding as the optimal method of infant feeding. This policy statement outlines the responsibility of nurses who care for women and infants in the prenatal and postpartum periods to foster an environment supportive of breastfeeding, and discusses steps they can take.

The Maternity Protection Campaign Kit: A Breastfeeding Perspective. A joint publication by the Maternity Protection Coalition.

U.S. Preventive Services Task Force Recommendations on Breastfeeding- This publication summarizes the U.S. Preventive Services Task Force recommendations for when and how health professionals should counsel patients about breastfeeding.

WHO, UNICEF, UNAIDS Mother-to-Child Policy Guidelines- This publication is a response to a 1999 report that claimed the risk of mother-to-child HIV transmission through exclusive breastfeeding is less likely than previously thought. UNAIDS stands by its original 1997 statement on breastfeeding and HIV.

Journals/Newsletters

Breastfeeding Abstracts:

www.lalecheleague.org

Journal of Human Lactation:

www.ilca.org

Breastfeeding Outlook

www.breastfeedingoutlook.com

Mother's Milk Bank: Expressions

www.health1.org

Breastfeeding Review:

Nursing Mothers Association of Australia

<http://www.breastfeeding.asn.au/lrc/bfrindex.html>

NABA: Abreast of Our Times

<http://www.naba-breastfeeding.org/naba.htm#newsletter>

Colorado Breastfeeding Update

<http://www.cdc.gov/breastfeeding/coalition-co.htm>

The IBCLICK

<http://www.iblce-europe.org/Download/IBCLICK/>

Publishers

Jones and Bartlett Publishers

40 Tall Pine Drive
Sudbury, MA 01776

www.jbpub.com

Email: info@jbpub.com

800-832-0034

Platypus Media

627 A Street NE
Washington, DC 20002

Email: Info@PlatypusMedia.com

PlatypusMedia.com

202-546-1674

L.A. Publishing Co.

P.O. Box 773
1034 Clay St.
Franklin, VA 23851

Sage Publications

2455 Teller Road
Thousand Oaks, CA 91320

Maternity Protection Coalition

<http://www.waba.org.my/womenwork/mpckit.htm>

TLC Publishing

5221 Rushbrook Drive
Centerville, VA 20120

www.Breastfeeding101.com

Email: stiller@breastfeeding101.com

703-266-3823

Pharmasoft Publishing

21 Tascocita Circle
Amarillo, TX 79124-7301

<http://www.iBreastfeeding.com>

Email: kami@iBreastfeeding.com

800-378-1317

Other Resources

Baby Watch / Early Intervention

(An early intervention program for children with developmental delays)
1-800-961-4226

Baby Your Baby

(Information on prenatal and well-child care services)
1-800-826-9662

Birth and Death Certificate Information Line

1-801-538-6105

Birth Defects Network

(Assists families and providers impacted with congenital malformations.)
1-866-818-7096

Bureau of Eligibility Services

(Welfare, Medicaid Eligibility and Information)
1-800-310-6949

Check Your Health

1-888-222-2542

Child Care / Health Facility Licensing

(Information / complaints)
1-888-287-3704

Child Care Resource Line

1-866-GET-HUGS (438-4847)

Child Health Insurance Program (CHIP)

1-877-KIDS-NOW (543-7669)

Child Protection Services (Dept. of Human Services)

(Child abuse / neglect reporting)
1-800-678-9399

Children with Special Health Care Needs

(Provide services for children with increased health risks.)
1-800-829-8200

Community and Economic Development

(Emergency food, housing (HEAT, SNAP, HOPWA), utility assistance.)
1-800-289-8824

Community & Family Health Services

Division of Maternal and Child Special Health Care Services
1-801-538-6901

Diabetes Information Line

1-800-222-2542

Domestic Violence Information Line

1-800-897-5465

Fostering Healthy Children

1-800-829-8200

General Public Health Resource Line

(All languages can be assisted by RelayUtah & AT&T)
1-888-222-2542

Immunization Information Line

1-800-275-0659

Perinatal Genetics, OB Diagnostic Center, Medical Genetics University of Utah Dept of Health

(Provides genetic counseling)
1-801-581-7825
1-801-581-8943

Planned Parenthood Services

(Information for pregnancy & family planning)
1-801-532-1586

Pregnancy RiskLine

1-800-822-2229

Primary Care Network

1-888-222-2542

Reproductive Health

(Information on the health of women and babies of Utah)
1-801-538-9970

Tobacco Free Resource Line

1-877-220-3466

Utah Birth Defect Network

1-866-818-7096

Other Resources (continued)

Utah Cancer Action Network

1-800-222-2542

Utah Cancer Control Resource Line

1-800-717-1811

Utah Poison Control Center

(Provides information and services regarding
poison exposure.)

1-800-222-1222

Utah Tobacco Quit Line

English 1-888-567-TRUTH (8788)

Spanish 1-877-266-3863

TTY/hearing impaired 1-877-777-6534

Work Ability

(Disability and employment)

1-877-2GO-WORK (246-9675)

Early Head Start in Utah

Bear River Early Head Start

670 W. 400 S.

Logan, UT 84321

435-755-0081 or 435-755-9180

Early Head Start • Kids on the Move

475 W. 260 N.

Orem, UT 84057

801-221-9930

Early Head Start

The Learning Center for Families

1192 W. Sunset Blvd.

St. George, UT 84770

435-673-5353

Elementary (Early) Head Start

Schools-Public Davis County District

320 S. 500 E.

Kaysville, UT 84037

801-402-7309

Early Head Start • DDI Vantage

555 E. 4500 S.

Murray, UT 84107

801-266-5189

Southeastern District Early Head Start

Rural Utah Child Development

150 W. Main St.

Wellington, UT 84542

435-637-4960

